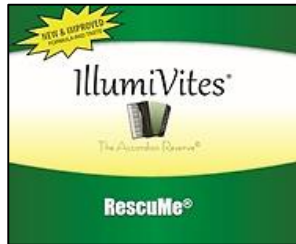
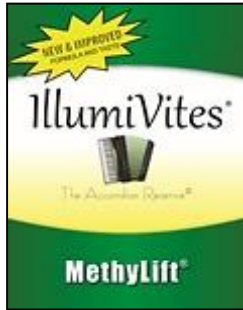




Keep Calm  
And  
Methylate  
WITH  
**MethyLift®**  
&  
**RescuMe®**



**Contact Us**  
Enlightened Nutritionals  
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Gaithersburg, MD 20883  
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Do not exceed recommended dose. Pregnant or nursing mothers, children under the age of 18, and individuals with a known medical condition should consult a healthcare professional before using this or any dietary supplement. As with all dietary supplements, some individuals may not tolerate use of this product.\*

\*\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease. The Food and Drug Administration has determined that the safe upper limit for folic acid is 1 mg for those not taking adequate B12 supplementation.\*\*

## Enlightened Nutritionals

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Enlightened Nutritionals has created a line of nutritional supplements called IllumiVites® with the goal of helping others achieve Optimal Wellness.



## The Methylation Priority Principle®

Nutrients that support methylation are depleted. They clear stress markers nitric oxide and aldehydes and support recovery of active glutathione. Methylcobalamin does not scavenge for nitric oxide. The working hypothesis is that as less S-Adenosyl Methionine (S-AdoMet) is generated over time, methylation functions are progressively sacrificed. In order for us to stay alive, we must all make adrenalin and turn it off, while less important functions are postponed until resources to make more S-AdoMet become available. Functions may be delayed in this order: impaired healing (RNA, DNA and creatine synthesis), body systems malfunction (autonomic), failure to clear stressors (e.g. estrogen, histamine, metals and some toxins), and ultimately adrenalin metabolism.

## Autonomic Dysfunction

Optimally the Autonomic Nervous System (ANS) responds quickly and briefly to stress. With help from the Adrenals, a quick response occurs (synthesis and inactivation of adrenalin). When chronically stressed, a patient experiences a dysfunctional ANS with rigid, inappropriate responses, paradoxical symptoms, and unpredictable outcomes. Parasympathetic Nervous System (PNS) usually becomes weaker as Sympathetic Nervous System (SNS) initially becomes dominant. Destabilization appears to occur, as methylation fails over time. This malfunction is predicted by the Accordion Reserve® model, which describes the interaction of environmental stressors and energy.

## Methylation

More than 50 body functions require methylation (using S-AdoMet to donate a methyl group in a chemical process). Many genetic SNPs (single-nucleotide polymorphisms) potentially complicate the ability to efficiently generate S-AdoMet. Fifteen percent of S-AdoMet is used to donate Methionine for nerve healing.

The same nutrients which clean up stress markers – hydroxocobalamin and folate, supported by glutathione – are absolutely required to generate S-AdoMet. As these are chronically depleted, less methylcobalamin is generated, less S-AdoMet is created, and less methylation occurs. Increased SNS activity results, which requires increased PNS to compensate. In time PNS fails, and eventually SNS fails, as Adrenal function also fails.

Two steps are required to improve methylation (i.e. generate more S-AdoMet). 1. Make all S-AdoMet-generating loops currently available in the body work 'infinitely' well. 2. Make an 'infinite' number of loops work 'infinitely' well. Step 1 requires optimizing the primary six nutrients ('the Basic 6') to maximize an individual's potential. There is also a third step (using the 2<sup>nd</sup> pathway) which incorporates trimethylglycine, zinc, and vitamin B6.

## Muscle function

Muscle contraction requires adenosylcobalamin, which is created from hydroxocobalamin and glutathione, and contributes to the conversion of methylmalonic acid (MMA) to succinate. Methylcobalamin plays no role in muscle contraction. Isoleucine improves glucose transport into muscle but is invariably depleted in fatigue illness and diabetes. Isoleucine is a precursor to MMA, which may paradoxically account for normal MMA, with chronic B12 deficiency.

## MethylLift®

MethylLift® scavenges for nitric oxide and aldehydes (and glutamate as well). The transbuccal/sublingual tab consists of

- 2 mg of Vitamin B12 (as hydroxocobalamin)
- 5 mg of Folate (as folic acid)

### Stressors

• These build up

- Stress markers
  - Nitric Oxide (NO)
  - Aldehydes
- Toxins
  - Solvents
  - Metals
  - Pesticides



### Scavengers

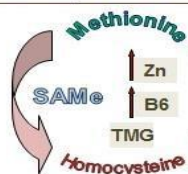
• These get depleted

- Scavengers
  - Hydroxo – B12
  - Dihydrofolate
  - Reduced Glutathione (depleted stress marker)
  - Vitamin C

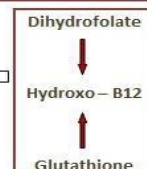


## Energy Loop & 2<sup>nd</sup> pathway

Rehydration of cells improves S-AdoMet production!



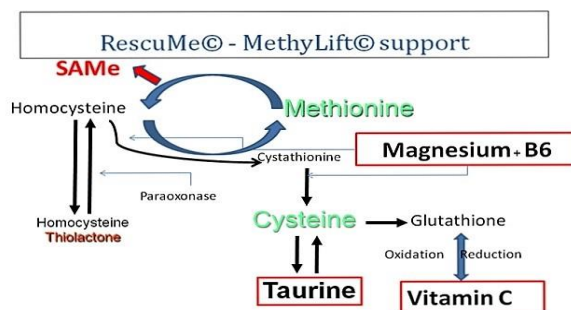
"Loading the Methionine Slingshot"®



## RescuMe®

RescuMe® contains the remaining four ingredients that encourage the production and activation of reduced Glutathione.

- 100 mg of Vitamin C (as ascorbic acid)
- 5 mg of Vitamin B6 (as pyridoxal-5-Phosphate)
- 28 mg of Magnesium (as magnesium oxide)
- 50 mg of Taurine



## Using MethylLift® and RescuMe®

- ✓ Most people will benefit from supervision by a health care practitioner. Consultation and guidance is indicated for people with some chronic medical conditions.
- ✓ Persons who have minimal genetic misinformation generally respond better to MethylLift® + RescuMe®. You do not necessarily need genetic testing when starting use of MethylLift® and RescuMe®. While it is not a requirement to have other testing before initiating MethylLift® and RescuMe®, most healthcare practitioners will suggest evaluating a CBC, B12, folate, and homocysteine levels.

MethylLift® encourages the reactivation of glutathione and promotes anabolic activity (makes NADPH) as well as correction of DNA nonsense.

- ✓ Persons with more extensive SNPs relative to methylation defects usually require specific tailoring of their MethylLift® and RescuMe® doses.
- ✓ Relatively acute symptoms may improve when you take MethylLift® and RescuMe®. Some people find that their symptoms actually clear.

Persons find that they can prenutriate® – take nutrients such as MethylLift® and RescuMe® in advance of an anticipated stressor to prevent or minimize symptoms.

- ✓ Patients report improvement in energy, sensitivities, aches and pains, sleep, exercise endurance, chest discomfort, breathing, shortness of breath, correction of heart rate and blood pressure, muscle symptoms, and stress response reduction.
- ✓ Hydration helps improve S-AdoMet production. By contrast, not having enough water is a common problem with chronic illness and will impair methylation.

Dyshydration® results from the abnormal and inappropriate distribution of water throughout the body, even when total body water appears to be normal. Edema resulting from inflammation in the gastrointestinal tract ('leaky gut') is one example.

- ✓ Through their combined potential, MethylLift® and RescuMe® may influence dyshydration, through their impact on the ANS.
- ✓ Patients have reported a reduced need for some of their medications.
- ✓ Some people only recognize improvements when they have accidentally run out of MethylLift® and substitute a different form of B12, or a different blend, and their symptoms return.